

# CLIFF Program helping meth addicts get back on track

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"It's about changing behavior, empowering the other folks who go through treatment units with the idea that they can have the opportunity to choose wrong from right and right is staying sober."

J. David Donahue, Commissioner



Commissioner Donahue addresses CLIFF Participants



The methamphetamine drug problem in Indiana and across the country is being called an epidemic.

To help combat the problem, Indiana is the first state to develop a meth treatment program within the state's correctional system.

More than 90 people graduated from the CLIFF program, which stands for Clean Lifestyle is Freedom Forever.

The sixth month CLIFF program is designed to treat meth addicts while they're serving time in the system.

With the second round of grads to complete the program, everyone is hoping it will lead them to a successful fresh start.

## Starting over

It has all the ingredients for a typical graduation.

The only issue is these individuals are behind bars.

Terry Wyatt said, "I was arrested in 2003 for manufacturing meth."

Terry will be done serving time in January, but right now he's celebrating his six-month completion of

the CLIFF Program. "It's helped me to rebuild my life, get respect back in my family," he says.

### **Days weren't always this good.**

These inmates once let meth literally take over their lives.

James Headrick said, "You're not thinking right. With me, my mind was going a 1000 miles a minute, but my thoughts were little clippings of thought."

"Meth gave me the sensation that I was untouchable, that I could do whatever I wanted," said Todd Spencer.

Inmates and former addicts volunteered for the CLIFF Program, guiding them through treatment and teaching them life skills before they're released.

"It helps you open up and shows you the true nature of your problems, where it's not just the drug addiction, it's more the thinking that leads to addiction," said James.

IDOC Commissioner J. David Donahue said, "It's about changing behavior, empowering the other folks who go through treatment units with the idea that they can have the opportunity to choose wrong from right and right is staying sober."

As these men and women head back into society, they know they've been given a chance that, unfortunately, many meth addicts don't get to see.

"I encourage anybody that's ever doing meth to seek treatment because you cannot cure it," said Todd.

### **Out of the system for good**

The Indiana Department of Corrections has launched a total of four CLIFF programs to provide aggressive treatment throughout the state.

Last year, 102 inmates graduated from the CLIFF program, and their hope is for none of these grads makes a return visit to the system.

### **About The Department of Correction**

The Department employs over 8,000 employees and houses 24,000 adult and juveniles in 32 facilities, ranging from minimum to maximum custody, prison camps, juvenile facilities and work release centers. The Department's home page on the Internet can be found at: <http://www.in.gov/indcorrection>. The Department's Re-entry Site can be found: <http://www.reentry.in.gov>.